



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01114, Whey, sweet, fluid

Report Date: July 09, 2017 11:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Proximates						
Water	g	93.12	32	0.028	229.08	916.30
Energy	kcal	27	--	--	66	266
Energy	kJ	112	--	--	276	1102
Protein	g	0.85	16	0.017	2.09	8.36
Total lipid (fat)	g	0.36	31	0.013	0.89	3.54
Ash	g	0.53	7	0.017	1.30	5.22
Carbohydrate, by difference	g	5.14	--	--	12.64	50.58
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	5.14	--	--	12.64	50.58
Minerals						
Calcium, Ca	mg	47	37	1.851	116	462
Iron, Fe	mg	0.06	--	--	0.15	0.59
Magnesium, Mg	mg	8	7	0.286	20	79
Phosphorus, P	mg	46	37	0.845	113	453
Potassium, K	mg	161	11	3.987	396	1584
Sodium, Na	mg	54	9	4.221	133	531
Zinc, Zn	mg	0.13	--	--	0.32	1.28
Copper, Cu	mg	0.004	--	--	0.010	0.039
Manganese, Mn	mg	0.001	--	--	0.002	0.010
Selenium, Se	µg	1.9	--	--	4.7	18.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.2	1.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Thiamin	mg	0.036	19	0.002	0.089	0.354
Riboflavin	mg	0.158	26	0.004	0.389	1.555
Niacin	mg	0.074	13	0.009	0.182	0.728
Pantothenic acid	mg	0.383	8	0.008	0.942	3.769
Vitamin B-6	mg	0.031	13	0.006	0.076	0.305
Folate, total	µg	1	--	--	2	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	10
Folate, DFE	µg	1	--	--	2	10
Choline, total	mg	16.0	--	--	39.4	157.4
Vitamin B-12	µg	0.28	17	0.030	0.69	2.76
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	7	30
Retinol	µg	3	--	--	7	30
Carotene, beta	µg	1	--	--	2	10
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	12	--	--	30	118
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.230	--	--	0.566	2.263
4:0	g	0.020	4	0.002	0.049	0.197
6:0	g	0.003	4	0.000	0.007	0.030
8:0	g	0.003	4	0.000	0.007	0.030
10:0	g	0.006	4	0.001	0.015	0.059
12:0	g	0.004	4	0.000	0.010	0.039
14:0	g	0.035	4	0.002	0.086	0.344
16:0	g	0.110	4	0.006	0.271	1.082
18:0	g	0.033	4	0.002	0.081	0.325

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Fatty acids, total monounsaturated	g	0.100	--	--	0.246	0.984
16:1 undifferentiated	g	0.011	4	0.001	0.027	0.108
18:1 undifferentiated	g	0.084	4	0.004	0.207	0.827
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.011	--	--	0.027	0.108
18:2 undifferentiated	g	0.008	4	0.001	0.020	0.079
18:3 undifferentiated	g	0.003	4	0.001	0.007	0.030
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	2	1	--	5	20
Amino Acids						
Tryptophan	g	0.013	--	--	0.032	0.128
Threonine	g	0.054	--	--	0.133	0.531
Isoleucine	g	0.047	--	--	0.116	0.462
Leucine	g	0.078	--	--	0.192	0.768
Lysine	g	0.068	--	--	0.167	0.669
Methionine	g	0.016	--	--	0.039	0.157
Cystine	g	0.017	--	--	0.042	0.167
Phenylalanine	g	0.027	--	--	0.066	0.266
Tyrosine	g	0.024	--	--	0.059	0.236
Valine	g	0.046	--	--	0.113	0.453
Arginine	g	0.025	--	--	0.062	0.246
Histidine	g	0.016	--	--	0.039	0.157
Alanine	g	0.039	--	--	0.096	0.384
Aspartic acid	g	0.083	--	--	0.204	0.817
Glutamic acid	g	0.148	--	--	0.364	1.456
Glycine	g	0.018	--	--	0.044	0.177
Proline	g	0.052	--	--	0.128	0.512
Serine	g	0.041	--	--	0.101	0.403

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0